

JAY SUKOW  
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## PROFESSIONAL SUMMARY

I am an experienced and passionate improv teacher and performer. I truly believe that improv changes people's lives and that if everyone took one improv class the world would be a better place. I pride myself on my ability to create an ensemble that plays with joy, intelligence and fun. I have taught and performed at the best improv theaters in the world, including The Second City, iO Chicago, and Improv Comedy Copenhagen. I have continued my education with consistent training and performances with some of the very best improvisors on the planet.

## QUALIFICATIONS

27 years professional theatrical improvisation experience  
25 years teaching improvisation  
20 years teaching and directing sketch performance

### Areas of specialization (improv)

Ensemble	Two and three person scenes	Long form development	Support
Short form games	Group scenes and games	Exploration, heightening & transforming	
Character relationship	Character development	Creative Collaboration	
Emotional connection	Object, environment and space work		

### Areas of specialization (sketch)

Process / development	Material generation and creation	Focus and direction	Writing
Artistic vision	Ensemble development		

### Improv Comedy Copenhagen

2018-2019

Artistic Director and Head of Training, Improv Comedy Copenhagen. Oversaw a Danish comedy theatre training center and theatre. Taught hundreds of students classes in improv and sketch comedy. Planned special events including shows and parties. Created curriculum for eight levels of classes in improv and sketch comedy. Trained and mentored faculty. Created and distributed virtual marketing materials through various social media accounts. Created original programming. Directed performances. Helped produce and manage the 2019 Copenhagen International Improv Festival. Ensured quality experience for customers, students and staff

### Today Improv

2013-present

Designed and implemented learning sessions for corporate events ranging from Diversity and Inclusion summits to New Hire Orientation. Created training center curriculum for hundreds of students, focusing on individual needs. Registered students, organized class rosters, secured classroom space as well as liability insurance.

### The Second City Hollywood

2016-present

Designed and taught classroom lessons and directed student performances. Taught classes in the improv and Conservatory program. Areas of concentration include character development, ensemble, various forms and games.

Westside Comedy Theater 2016-present  
 Taught classroom lessons and directed student performances. Areas of concentration include character development, ensemble, various forms and games

The Second City Chicago 2010-2015  
 Designed and taught classroom lessons and directed student performances in Beginning Improvisation, Improv Immersion, Improv Intensive and Improv for Actors. Areas of concentration include character development, ensemble, various forms and games.

iO Chicago 2003-2008  
 Created, facilitated and directed classroom lessons and coached several improv teams. Head of The Harold Committee, responsible for auditions, creating improve teams, and scheduling. Taught classes in beginning improvisation, ensemble work, silent scene work, character development and long form styles, including their signature form, "The Harold"

ComedySportz Chicago 1994-1996  
 Taught improv workshops and classroom lessons for the premiere short form improv company.

Second City Works 2014-present  
 Improv Facilitator and performer for corporate clients focused on empathetic listening, support, embracing change, and 'yes, and...'

The Riot Act 2004-2015  
 As Co-Owner/Creative Director, designed and facilitated improv workshops for corporate clients focused on listening, engagement, brainstorming, storytelling, ensemble building and thinking differently. Clients included McDonalds, Yahoo!, Yahoo! UK, AT & T, PepsiCo, Kraft, and Baxter Pharmaceutical.

Workshop Facilitator 1994-Present  
 Clients include Biogen Pharmaceutical, Brachs -- Ferrara Candy, AbbVie, Starcom MediaVest, Firebelly Design, Chicago Women's Rugby Football Club, YPO Spouses, CIF Teen Improv Festival, Chicago Improv Festival, Northwestern Life Study "Successful Aging."

Podcasts (partial) "Improvcast with Jay and Landon" (co-host); "Improv Nerd with Jimmy Carrane"; "Tales from the Teacher's Lounge"; "A.D.D Comedy with David Razowsky"; "Improv Yak"; Whether the Weather (improv documentary)"

Mentor  
 Room2Improv  
 Improve It!

## EDUCATION

The Second City: Stephen Colbert, Steve Carell, David Razowsky, Michael Gellman, Marc Warzecha, Martin deMaat, Tom Gianis, Fran Adams, John Holtson, Mark Warzecha.  
 iO: Del Close, Charna Halpern, Kevin Dorff, Jon Favreau, TJ Jagodowski, Peter Gwinn, Bob Dassie, Paul Grundy, Noah Gregoropolous, Dan Bakkedahl, Lillie Francis, Michael McCarthy  
 The Annoyance Theater: Mick Napier, Rebecca Sohn, Mark Sutton  
 Other: Keith Johnstone, Dick Schaal, Jimmy Carrane, Liz Allen, Jeff Michalski

Acting:

- Meisner: Sommer Austin and Andrew Gallant
- Scene Study: Marlene Zuccaro
- On Camera: Spencer Kramber

- BA in Mass Communications and Economics, Illinois State University, 1992